



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01270, Cheese, cheddar, sharp, sliced

Report Date: July 16, 2017 18:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	36.15	18	0.504	32.75	38.19	3.0	34.594	37.701	1	Analytical or derived from analytical	--	05/2014
Energy	kcal	410	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Energy	kJ	1715	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Protein ¹	g	24.25	18	0.387	21.95	25.58	3.0	23.041	25.458	1	Analytical or derived from analytical	--	05/2014
Total lipid (fat) ¹	g	33.82	18	0.102	32.81	37.59	11.0	33.596	34.046	1	Analytical or derived from analytical	--	05/2014
Ash ¹	g	3.66	18	0.052	3.42	3.84	3.0	3.5	3.813	1	Analytical or derived from analytical	--	05/2014
Carbohydrate, by difference	g	2.13	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Sugars, total ¹	g	0.27	3	--	0.26	0.29	--	--	--	1	Analytical or derived from analytical	--	05/2014
Sucrose ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Fructose ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Lactose ¹	g	0.18	3	--	0.18	0.18	--	--	--	1	Analytical or derived from analytical	--	05/2014
Maltose ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Galactose ¹	g	0.08	3	--	0.07	0.11	--	--	--	1	Analytical or derived from analytical	--	05/2014
Minerals													
Calcium, Ca ¹	mg	711	18	4.596	646	747	4.0	698.017	723.85	1	Analytical or derived from analytical	--	05/2014
Iron, Fe ¹	mg	0.16	18	0.008	0.11	0.28	7.0	0.143	0.179	1	Analytical or derived from analytical	--	05/2014
Magnesium, Mg ¹	mg	27	18	0.376	24	30	4.0	25.806	27.908	1	Analytical or derived from analytical	--	05/2014
Phosphorus, P ¹	mg	460	18	5.295	423	492	3.0	443.56	476.278	1	Analytical or derived from analytical	--	05/2014
Potassium, K ¹	mg	76	18	4.994	58	94	3.0	59.917	91.119	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na 1	mg	644	18	11.980	587	699	3.0	607.987	680.441	1	Analytical or derived from analytical	--	05/2014
Zinc, Zn 1	mg	3.74	18	0.028	3.29	3.93	4.0	3.667	3.817	1	Analytical or derived from analytical	--	05/2014
Copper, Cu 1	mg	0.035	18	0.001	0.03	0.04	4.0	0.032	0.039	1	Analytical or derived from analytical	--	05/2014
Manganese, Mn 1	mg	0.024	18	0.002	0.02	0.06	9.0	0.02	0.028	1	Analytical or derived from analytical	--	05/2014
Selenium, Se 1	µg	28.3	9	0.585	22.7	33.1	4.0	26.669	29.936	1	Analytical or derived from analytical	--	05/2014
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Thiamin 1	mg	0.027	9	0.003	0.02	0.03	1.0	-0.015	0.068	1	Analytical or derived from analytical	--	05/2014
Riboflavin 1	mg	0.434	9	0.022	0.33	0.55	2.0	0.303	0.565	1	Analytical or derived from analytical	--	05/2014
Niacin 1	mg	0.039	9	0.004	0.03	0.08	3.0	0.024	0.054	1	Analytical or derived from analytical	--	05/2014
Pantothenic acid 1	mg	0.481	6	0.004	0.46	0.52	2.0	0.464	0.498	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.075	9	0.003	0.07	0.09	1.0	0.052	0.097	1	Analytical or derived from analytical	--	05/2014
Folate, total ¹	µg	27	4	--	14	30	--	--	--	1	Analytical or derived from analytical	--	05/2014
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Folate, food	µg	27	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Folate, DFE	µg	27	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Choline, total	mg	16.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Vitamin B-12 ¹	µg	0.88	9	0.039	0.78	1.2	2.0	0.713	1.056	1	Analytical or derived from analytical	--	05/2014
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Vitamin A, RAE	µg	263	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Retinol ¹	µg	256	3	--	249	356	--	--	--	1	Analytical or derived from analytical	--	05/2014
Carotene, beta	µg	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Vitamin A, IU	IU	994	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol) ¹	mg	0.78	9	0.013	0.7	0.94	4.0	0.745	0.817	1	Analytical or derived from analytical	--	05/2014
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Tocopherol, beta ¹	mg	0.00	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Tocopherol, gamma ¹	mg	0.06	9	0.005	0	0.08	4.0	0.041	0.073	1	Analytical or derived from analytical	--	05/2014
Tocopherol, delta ¹	mg	0.00	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Vitamin D (D2 + D3)	µg	1.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Vitamin D3 (cholecalciferol)	µg	1.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Vitamin D	IU	41	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2014
Vitamin K (phylloquinone) ¹	µg	2.4	2	--	2.3	2.4	--	--	--	1	Analytical or derived from analytical	--	05/2014
Lipids													
Fatty acids, total saturated	g	19.368	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
4:0 ¹	g	0.675	18	0.009	0.64	0.72	3.0	0.649	0.702	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0 1	g	0.565	18	0.013	0	0.64	6.0	0.533	0.598	1	Analytical or derived from analytical	--	05/2014
8:0 1	g	0.361	18	0.006	0.33	0.4	4.0	0.342	0.379	1	Analytical or derived from analytical	--	05/2014
10:0 1	g	0.857	18	0.015	0.76	0.97	4.0	0.814	0.9	1	Analytical or derived from analytical	--	05/2014
12:0 1	g	0.967	18	0.013	0.89	1.09	5.0	0.934	1.0	1	Analytical or derived from analytical	--	05/2014
14:0 1	g	3.103	18	0.035	2.92	3.38	4.0	3.007	3.199	1	Analytical or derived from analytical	--	05/2014
15:0 1	g	0.322	18	0.004	0.3	0.39	4.0	0.31	0.334	1	Analytical or derived from analytical	--	05/2014
16:0 1	g	8.705	18	0.091	8.01	9.4	5.0	8.474	8.935	1	Analytical or derived from analytical	--	05/2014
17:0 1	g	0.195	18	0.004	0.18	0.23	4.0	0.184	0.207	1	Analytical or derived from analytical	--	05/2014
18:0 1	g	3.547	18	0.116	2.95	4.02	3.0	3.204	3.89	1	Analytical or derived from analytical	--	05/2014
20:0 1	g	0.049	18	0.001	0.04	0.06	4.0	0.047	0.051	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 1	g	0.014	18	0.001	0.01	0.02	3.0	0.01	0.017	1	Analytical or derived from analytical	--	05/2014
24:0 1	g	0.009	18	0.000	0.01	0.01	5.0	0.008	0.009	1	Analytical or derived from analytical	--	05/2014
Fatty acids, total monounsaturated	g	8.428	--	--	--	--	--	--	--	1	Calculated or imputed	--	05/2014
14:1 1	g	0.305	18	0.009	0.27	0.35	4.0	0.28	0.33	1	Analytical or derived from analytical	--	05/2014
15:1 1	g	0.000	18	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
16:1 undifferentiated 1	g	0.492	18	0.017	0.41	0.6	4.0	0.445	0.539	1	Analytical or derived from analytical	--	05/2014
16:1 c 1	g	0.388	18	0.015	0.32	0.49	4.0	0.346	0.431	1	Analytical or derived from analytical	--	05/2014
16:1 t 1	g	0.104	18	0.002	0.09	0.12	4.0	0.098	0.109	1	Analytical or derived from analytical	--	05/2014
17:1 1	g	0.059	18	0.003	0.05	0.08	4.0	0.051	0.067	1	Analytical or derived from analytical	--	05/2014
18:1 undifferentiated 1	g	7.509	18	0.098	6.93	8.4	3.0	7.215	7.804	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 c ¹	g	6.667	18	0.088	6.14	7.48	3.0	6.406	6.928	1	Analytical or derived from analytical	--	05/2014
18:1 t ¹	g	0.842	18	0.013	0.73	0.92	4.0	0.806	0.878	1	Analytical or derived from analytical	--	05/2014
20:1 ¹	g	0.061	18	0.001	0.05	0.07	4.0	0.056	0.065	1	Analytical or derived from analytical	--	05/2014
22:1 undifferentiated ¹	g	0.001	18	0.000	0	0	4.0	--	0.002	1	Analytical or derived from analytical	--	05/2014
22:1 c ¹	g	0.001	18	0.000	0	0	4.0	--	0.002	1	Analytical or derived from analytical	--	05/2014
22:1 t ¹	g	0.000	18	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
24:1 c ¹	g	0.000	18	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Fatty acids, total polyunsaturated	g	1.433	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
18:2 undifferentiated ¹	g	1.179	18	0.017	1.05	1.28	4.0	1.133	1.226	1	Analytical or derived from analytical	--	05/2014
18:2 n-6 c,c ¹	g	0.775	18	0.019	0.61	0.86	4.0	0.724	0.826	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 CLAs ¹	g	0.174	18	0.004	0.12	0.2	4.0	0.162	0.186	1	Analytical or derived from analytical	--	05/2014
18:2 t not further defined ¹	g	0.230	18	0.005	0.21	0.27	4.0	0.215	0.245	1	Analytical or derived from analytical	--	05/2014
18:3 undifferentiated ¹	g	0.122	18	0.011	0.09	0.18	4.0	0.09	0.154	1	Analytical or derived from analytical	--	05/2014
18:3 n-3 c,c,c (ALA) ¹	g	0.117	18	0.011	0.09	0.18	4.0	0.084	0.15	1	Analytical or derived from analytical	--	05/2014
18:3 n-6 c,c,c ¹	g	0.001	18	0.001	0	0	3.0	-0.001	0.003	1	Analytical or derived from analytical	--	05/2014
18:3i ¹	g	0.003	18	0.000	0	0	4.0	0.003	0.004	1	Analytical or derived from analytical	--	05/2014
18:4 ¹	g	0.000	18	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	05/2014
20:2 n-6 c,c ¹	g	0.007	18	0.000	0.01	0.01	8.0	0.007	0.007	1	Analytical or derived from analytical	--	05/2014
20:3 undifferentiated ¹	g	0.037	18	0.001	0.03	0.04	4.0	0.034	0.041	1	Analytical or derived from analytical	--	05/2014
20:3 n-6 ¹	g	0.036	18	0.001	0.03	0.04	4.0	0.033	0.038	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated ¹	g	0.050	18	0.001	0.04	0.06	4.0	0.046	0.055	1	Analytical or derived from analytical	--	05/2014
20:5 n-3 (EPA) ¹	g	0.010	18	0.001	0.01	0.02	3.0	0.007	0.014	1	Analytical or derived from analytical	--	05/2014
22:4 ¹	g	0.008	18	0.001	0.01	0.01	4.0	0.006	0.01	1	Analytical or derived from analytical	--	05/2014
22:5 n-3 (DPA) ¹	g	0.017	18	0.001	0.01	0.02	4.0	0.014	0.02	1	Analytical or derived from analytical	--	05/2014
22:6 n-3 (DHA) ¹	g	0.001	18	0.000	0	0	3.0	-0.001	0.002	1	Analytical or derived from analytical	--	05/2014
Fatty acids, total trans	g	1.179	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Fatty acids, total trans-monoenoic	g	0.946	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Cholesterol ¹	mg	99	9	0.621	97	106	1.0	94.852	103.151	1	Analytical or derived from analytical	--	05/2014
Amino Acids													
Tryptophan ²	g	0.321	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Threonine ²	g	1.091	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Isoleucine ²	g	1.289	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine 2	g	2.434	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Lysine 2	g	2.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Methionine 2	g	0.587	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Cystine 2	g	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Phenylalanine 2	g	1.259	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Tyrosine 2	g	1.317	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Valine 2	g	1.631	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Arginine 2	g	1.084	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Histidine 2	g	0.710	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Alanine 2	g	0.838	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid ²	g	1.973	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Glutamic acid ²	g	5.675	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Glycine ²	g	0.484	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Proline ²	g	2.680	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Serine ²	g	1.394	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17e, 2013 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 9a, 2004 Beltsville MD